

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| 1 | 2  Breakfast Club – Oats & Oatmeal 11:00 AM – 12:00 PM | 3  Time for Tea 9:00 – 10:00 AM  Setting Realistic Lifestyle and Nutrition Resolutions 6:00 – 7:00 PM | 4  Nurture Yourself, Nourish Yourself 10:00 – 11:00 AM  Lunch & Learn – All About Oranges 12:00 – 1:00 PM | 5  Eating Behavior Management Series 4:00 – 5:00 PM  Let's Get Cooking 101: Bean Basics 6:00 – 7:00 PM | 6  Plant-Based Eating and Meal Planning 11:00 AM – 12:00 PM | 7  Bean Me Up 10:00 – 11:00 AM |
| 8  Let's Get Cooking 101: Apricot Basil Breakfast Meatballs 5:00 – 6:00 PM | 9  Don't Ditch the Dairy 6:30 – 7:30 PM | 10  Supporting Immunity with Nutrition 6:00 – 7:00 PM | 11  Tea for Two 4:00 – 5:00 PM  Living with Diabetes 6:30 – 7:30 PM | 12  Supporting Immunity with Nutrition 10:00 – 11:00 AM | 13  Build a Better Breakfast 10:00 – 11:00 AM | 14  Heart-Healthy Cooking Tips 10:00 – 11:00 AM  Lunch & Learn – All About Pomegranates 12:00 – 1:00 PM |
| 15 | 16  Nutrition Jeopardy 6:30 – 7:30 PM | 17  Eating Behavior Management Series 6:30 – 7:30 PM | 18  Lunch & Learn – All About Pears 12:00 – 1:00 PM  Build a Better Breakfast 6:30 – 7:30 PM | 19  Heart-Healthy Cooking Tips 11:00 AM – 12:00 PM  Fitting in Getting Fit 4:30 – 5:30 PM | 20  Eat the Rainbow 10:00 – 11:00 AM | 21  Soup's On 12:00 – 1:00 PM |
| 22  Chat with Nat & Cooking Demonstration 12:00 – 1:00 PM | 23  Time for Tea 6:30 – 7:30 PM | 24  Nurture Yourself, Nourish Yourself 6:00 – 7:00 PM | 25  Lunch & Learn – Go Nuts for Peanut Butter 12:00 – 1:00 PM | 26  Eating Behavior Management Series 4:00 – 5:00 PM  Eat the Rainbow 6:00 – 7:00 PM | 27  Living with Diabetes 10:00 – 11:00 AM | 28  Chocolate – How Sweet It Is 12:00 – 1:00 PM |
| 29  Lunch & Learn – All About Kiwifruit 12:00 – 1:00 PM  Kids Get Cooking: Awesome Oatmeal Cookies 4:00 – 5:00 PM | 30  Plant-Based Eating and Meal Planning 6:30 – 7:30 PM | 31 | <div></div> <div><p>Learn something new with our FREE Virtual Nutrition Events! Led by registered dietitians, we offer fun & educational events for the whole family. For full event descriptions & to register, Scan this QR Code or visit www.bigy.com/LivingWell/GetSocial</p></div> <div><div>Presentation</div><div>Support Group</div><div>Hands-On Kid Activity</div><div>Cooking Demo</div><div>Virtual Store Tour</div></div> | | | |

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